

✓ EXTENSION TEACHING METHODS--FOODS AND NUTRITION

Excerpts taken from 1947 Annual Reports of Eastern States Specialists
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PROGRAM PLANNING

Maine

Selective Service figures, Maine Agricultural Experiment Station results on work with school children, school lunch needs, Food Forum meeting results, food shortages, high prices, and Child Health Conferences have indicated broad fields for nutrition education. These all point up the need for cooperative community work.

New Hampshire

A program planning meeting is one of the most effective teaching methods we have, because we are assisting rural people to recognize their needs, analyze their problems and find solutions to them.

DEVELOPMENT OF PROJECTS

New York A Step-by-step Procedure

The food and nutrition projects relating to health were planned and organized in the same manner in most of the counties. To show how this was done, the project, Safeguarding Our Food, is here described in detail: It was the result of observations and planning by the specialists, home demonstration agents, local leaders, and unit members. Some of the observations, questions, and suggestions that resulted in the development of this project were:

- (a) The need for more information about undulant fever.
- (b) How is "strep" throat caused by unpasteurized milk?
- (c) How can milk be pasteurized in the home?
- (d) Does pasteurization lessen the food value of milk?
- (e) What can be done to improve the sanitary conditions in many public eating places?
- (f) If low acid food was processed by the boiling water bath method for the recommended length of time, why is it necessary to boil it for ten minutes after the jar of food is opened?
- (g) Why did food canned one year spoil when the process was exactly the same as that of a previous year when there was no spoilage?
- (h) What causes bread to spoil in the center of the loaf a day or two after baking?
- (i) Why does frozen food spoil so soon after thawing?
- (j) Why should pork be well cooked?
- (k) Why is meat inspection not required in New York State?
- (l) Poor dishwashing procedures and handling of food with soiled hands.

New York Lessons

On the basis of these problems the project, Safeguarding Our Food, was developed into three lessons as follows:

Lesson 1. Milk and Milk Products - This dealt with both harmful and useful bacteria that may occur in milk and milk products. Public Health regulations were studied as well as the care of milk in the home.

Lesson 2. Home Preserved Food - This dealt with the spoilage of canned and frozen foods and how it can be prevented.

Lesson 3. Food contamination - In this lesson an effort was made to show how food handlers contaminate food; how water may be infected; and how certain animal foods may be unsafe because of infected animals. Sanitation was stressed in all the lessons.

Sources of Subject Matter

In the preparation of these lessons the specialists consulted the dairy specialist, bacteriologists, the public health sanitarian, institution management specialist and resident food and nutrition staff members, besides extensive literature.

How Lessons Were Taught

These lessons were all taught to local leaders who in turn taught local groups in the same way. In two counties, the supervisor in charge of the school lunch, a State Department of Education project, sent several of their school cooks to the lesson on Food Contamination. In a few counties the home demonstration agent trained the leaders, after the specialist had helped her with subject matter and plans for teaching.

Working Period.

Each of these lessons was taught in three parts. A work period of which the leaders prepared a meal related to the subject, e.g., in the lesson on Food Contamination, pork properly cooked was used in the main course; cream puffs, common conveyors of food infection, were prepared for dessert. Although meal planning was not the objective, the nutritive value of these meals were calculated. This information was simplified by using the fractions on a household measuring cup showing the portions of the day's allowance of nutrients that were in the meal: for example, the following information accompanied each menu: "The above meal provides the following portions of the day's allowance of food material for the moderately active homemaker":

Protein	:	Minerals	:	Vitamins	:	Calories		
		: Calcium	: Iron	: A	: B ₁	: B ₂	: C	:
1/2	:	1/4	:	1/3	+	1/2	:	1/2 ; 1/3 : 3/4; 825

A plus or minus sign following the fraction indicated more or less of the nutrient.

New York Discussion

The second part of the lesson was a discussion period. Each leader wrote the answers to questions prepared by the specialist. Then followed a period of discussion with a leader reading a question and giving her answer. Frequently other leaders would enlarge on the answer, or ask further questions. The result was a lively discussion at the leader-training meeting and leaders reported good discussions in local meetings.

Mimeographed sheets, containing the answers to these questions, were given out at the end of the discussion at both leader-training and group meetings. They served as reference for the facts and prevented misinterpretation.

Illustrative Material

For this project, seven illustrations made on wrapping paper by the silk screen process supplied inexpensive material for each leader. The green sheet showing the thermometer did much to clarify microbe growth and destruction. Following its use, group members requested that it be prepared on small sheets to refer to readily in their homes.

The film, "Meats with Approval," prepared by the United States Department of Agriculture was used in the lesson, Food Contamination.

Cooperation with Other Agencies

At one or more leader training meetings in most of the counties, assistance was given the specialist with the discussion by one of the following: a public health regional director, public health doctor, sanitary engineer, a bacteriologist, a doctor in charge of laboratories for a large city and a county, or a milk inspector. In one county the public health director also met with local groups.

Leader Guidance

The third part of the lesson was a discussion with the leaders on teaching the lesson to their groups. They were given a mimeographed outline to follow. Although the leaders were urged to follow the procedure of teaching used at the leader-training meeting, frequently the physical set-up or the time allowed for the group meeting was quite different. Here an exchange of procedures practiced by some of the more experienced leaders proved most valuable to others less experienced. At this time problems arising at a previous lesson were frequently discussed. This served as a splendid device for the specialist to learn what was done in the local meetings and make helpful suggestions.

AGENT TRAININGNew Hampshire Food preservation

The information gained at the National Food Preservation Conference by the nutrition specialist was presented to the home demonstration agents at the Annual Conference in December, and in the spring to the 4-H club agents, in June to those attending county-wide food preservation meetings in the State, and to the State home economics teachers at their Spring Conference.

New Jersey District Training Meetings

Two regional training meetings were held for club agents and home agents doing 4-H club work to acquaint them with the foods and nutrition projects in the 4-H program. One of the new features this year at the training meeting was having one 4-H Club group come in for a model demonstration meeting which the specialist conducted. The agents observed this activity and after the girls were dismissed a general discussion followed.

New York Newsletters

A few years ago the department sent a newsletter periodically to agents which contained recent nutrition findings of general interest. The home economics trained agents, asked if they would like to have this started again, were unanimously in favor of it. Two letters were sent out during 1947.

LEADER TRAINING

New Hampshire The Bread Round-up

71 leaders were trained at five schools in four counties.

When this meeting was organized it was recommended that experienced breadmakers be chosen as leaders from the groups but some of the younger inexperienced women were eager to attend, so we were able to have one person with experience work with an inexperienced person. This worked out very well.

Figuring out the cost of making homemade yeast products helped the women to understand why bakery products had advanced in price and it helped them to appraise the value of homemade bread and rolls when sold to the public. Most of the women voted to continue with the kneading of the dough in place of the no-knead method. They liked the texture of the kneaded dough.

They would all like to see more dried milk added to the baker's bread and the higher food value of the homemade bread was one reason for making it at home even though it cost almost as much to make.

New Hampshire Consumer Speaks Training School

At the January meeting of the Federation of Women's Clubs the nutrition specialist presented to the group information concerning the Consumer Speaks Program, and the possibility of training representatives to carry out this program in one or more districts. The Consumer Interests chairman was likewise interested in this program so cooperatively we worked with the Manchester District, organizing through their chairman a school in Manchester. Representatives from 16 clubs, 27 in all, attended a two-hour information period at which the nutrition specialist demonstrated to the group how to get the information on the bread questionnaire. Following this, the Hillsboro county home demonstration agent, Miss Myrtis Beecher, led one group on the Study of Meat and the specialist led one on the Study of Milk.

371 club women discussed, analyzed, and voted their preference on the three food items--bread, meat, and milk. Six clubs chose bread, five groups selected milk, and four groups selected meat. Some of the groups worked on all three of the commodities.

New York Food Preparation Lessons

In five counties, the local leaders asked to have instructions on how to select and use pressure saucepans regardless of what their project might be. Therefore, whether the day's lesson was on weight control, or on building sound bones and teeth, pressure saucepans were used in preparing some of the food. Additional time was taken to make comparisons of all the different makes of pressure saucepans available in the neighborhood, and four or five provided by the specialist. In one county eight different types were under steam at the same time. Each leader closed and opened each pan and, observing them in action, was able to make her own decisions as to her preference. Observing so many different ones made each leader more confident about teaching the lesson, as she planned to use for her equipment whatever saucepans were available from the homes of the members of her group.

Massachusetts Community Meals

The procedure is to invite women who help with Community Meals in their communities--two from each organization--to meet together at a center. This must be done by special enrollment. The ideal number is 16, with range of 12 to 20.

The specialist prepared a menu, and furnishes the agent with a list of supplies and equipment needed for the meeting. The town committee makes necessary arrangements. They are asked to have the hall clean, warm, and open at 9 o'clock. Each woman is asked to wear a house dress. Agent and specialist arrive at 9 o'clock and a committee of three or four women arrives about that time. Each has been requested to bring a paring knife and a dish towel.

The committee assists in general preparation such as, getting tables ready and doing all preliminary work in food preparation. At eleven o'clock, the remainder of the group arrives, and they have an opportunity to see what is happening in the kitchens. Methods are explained to small groups by the committee members who came early.

A committee is chosen to serve the meal. After the meal is eaten, it is discussed as to appearance--attractiveness, balanced menu, taste, and cost. This is followed by a general discussion of Community Meals: reason for serving; preliminary planning; menus for various occasions; use of plentiful foods; orderly kitchen during preparation and afterwards; and bulletins and menu sheets are distributed. A committee appointed by the town chairman cleans up after the meeting is over.

When an agent is new, the specialist gives such assistance as arriving the day before to assist with buying supplies. New agents usually have had little experience with buying. The specialist conducts the first one, two or three meetings, depending upon the experience of the agent.

New Jersey School for Judges of Local Exhibits

A state-wide judging school for leaders, who were to assist with the judging of all food exhibits at local rallies and fairs, was held at the home economics house. Canned foods of different kinds and quality, muffins, biscuits, and cookies were displayed for judging.

New Jersey School for Judges of Local Exhibits (Cont'd)

This type of training will help to raise the standards in individual clubs as leaders now have a better understanding of the score cards, how they are used, and how judges interpret the various points on the score card.

RADIO

New York Two Minute Daily Broadcast

After two years of expressing need for a daily food and nutrition radio program, a two-minute block of time was allotted for this purpose. Since the middle of October, 1947, brief food and nutrition facts are broadcast under the title, Better Food for Better Living. The specialist prepared the material, which is worked into a script by the editorial assistant in the Department of Home Economics Extension Teaching and Information. It is too early to evaluate this program.

Delaware Consumer Education

During the slump in broiler prices in January and February, work was done with the poultry specialist to focus attention on the nutritive value and economy in using Delaware broilers. Material was prepared for daily spot announcements on the radio, pointing to the nutritive value of poultry meat and urging homemakers to plan to serve broilers at least twice a week during the period in which they were plentiful.

From February 16th to 23rd Broiler Week was observed in Delaware. A leaflet of "Favorite Delaware Chicken Recipes" was prepared for distribution through radio and newspaper channels. In cooperation with the Bureau of Markets, these recipes were mailed to all public eating houses in the State with a letter stressing especially the Barbecued Chicken Recipe.

In July another period of lower prices and over supply of broilers occurred and a special radio program and news release were prepared stressing the food value and economy of young chickens and encouraging homemakers to use them in their menus more than once a week.

Delaware A Contest Conducted Over the Radio

As a special activity which offered an opportunity for every homemaker to feel that she was making an actual contribution toward food conservation, a "Food Saving Contest" was carried on for six weeks via radio. The assistant editor did most of the planning for the contest and carried it on as part of the Friday Homemakers program which is a weekly feature of the Farm and Home Hour Broadcast over station WDEL. The Delaware Power and Light Company offered weekly prizes for the winning wheat or meat-saver ideas. The entries were judged weekly by a committee composed of the foods professor at the University, the home economics teacher at the local high school and the nutrition specialist. The contest gained in number of entries as it went on. Unfortunately it came during the holiday season, which adversely affected the number of entries since most homemakers had less time than usual for listening to the radio, but it was felt that it was most timely during this period and should be carried on at that time.

Delaware A Contest Conducted Over The Radio (Cont'd)

At the end of the campaign a booklet, "Wheat and Meat Savers," was compiled of all the entries submitted and distributed to requests received from the radio and news publicity.

New Jersey Weekly Radio Service

A regular weekly radio service is maintained with three local stations by the home agent in each of these counties--Middlesex, Mercer and Cumberland. The specialist reviews the scripts on food and nutrition prepared by the home economics editor before they are sent to the counties. Transcriptions have been made here at the college for WNBC by Tom Page for his farm program.

NEWSPAPERS AND MAGAZINES

New Jersey Weekly news releases

The weekly news release on seasonal and timely topics receives regular weekly space in many newspapers in the state and is a means of getting information about seasonal crops to the homemakers very promptly.

The specialist sends the factual material to the home economics editor who writes the article for the papers. These are then checked by the specialist before mailing them to the agents who handle the local press relationships.

Connecticut Weekly news releases

"Table Talk," a weekly release to newspapers and nutritionists, has a statewide distribution. This release furnishes an opportunity for giving homemakers help with current nutrition problems, food preparation suggestions and recipes.

Since July, the nutritionist has contributed regularly to both, "With The Connecticut Homemaker" and "The Connecticut Farmer." Many homemakers who do not attend group meetings can be reached through these articles.

Pennsylvania Magazines

Articles have been prepared for the State Grange magazine, "The Pennsylvania Farmer," and the monthly publication of the Potato Growers Association.

New Jersey Tour for home economics editors

The Poultry Institute planned a tour in Hunterdon County for the women editors of New York City and Philadelphia to acquaint them with the details of the poultry industry. An excellent tour was planned showing the various stages of the poultry business--from the laying of the eggs, hatching equipment, rearing of broilers, roasters, and fowl. The egg auction, certified egg plant, freezing plant, and an excellent dinner prepared by the women of the Flemington Grange, at which fried chicken served as an example of good poultry products, were all centered in and around Flemington. The Kerr Chicken Hatchery located on a site above the Delaware River gave them not only a comprehensive picture of a large poultry plant but a beautiful view of Hunterdon County and New Jersey hills, which few had ever seen. Many representatives of magazines, newspapers, food industries and companies preparing food leaflets made up the audience.

New Jersey Tour for home economics editors (Cont'd)

The poultry industry in this area received much favorable publicity from this good will tour. The specialist learned a great deal about the poultry industry of New Jersey on this trip as well as becoming acquainted with many new publicity personages.

DEMONSTRATIONS

Vermont Food buying

This demonstration consisted of a comparison of food values in relation to cost with particular emphasis on vegetables, fruit, and milk. No brieflet was prepared, but several USDA leaflets, and leaflets prepared by commercial companies were used as source material. Some of the home demonstration agents introduced the demonstration with two market baskets of food of equal cost but different food values.

New Hampshire Winter meals

A bulletin entitled, "Winter Meals" was revised and also the content of the lesson was brought up-to-date to include the plentiful foods, the food outlook and information on protein foods. Broccoli was served at the meal demonstrated and eaten at noon so as to encourage families to grow, use, and freeze more of this green vegetable. The deleterious effect of mineral oil was discussed and for activity work the women calculated the amount of protein in their day's diet. One lady told me she went home, calculated the protein in her children's diet, and as a result bought more milk for them to bring up the protein requirement.

Rhode Island Pressure saucepan project

"Is The Pressure Saucepan The Answer?" This project was done on a community sign-up basis to assure those interested being served and to plan for the food purchased. Ten to fifteen women was the desirable number for these groups.

Ten different makes of cookers were available and all were discussed and examined. Then the women divided into groups to cook and serve the luncheon using as many cookers as possible. The menu was planned to cook meat, vegetables, and steamed bread or pudding, to cover nearly all types of cookery in the pressure saucepan. After luncheon the meal and the saucepans were discussed. The women were allowed to select the pan they thought they would like to use in their own home. At the end of two weeks another meeting was held to discuss the written report which each was requested to make and to return with the saucepan. To cover the entire state this way will carry this project over into two years.

New Hampshire Keeping fit

These meetings were started last year and reported in the 1946 report. Since that time 48 meetings have been held with an attendance of 723. Preventing fatigue was a topic which involved unusual interest at this meeting and which proved to be an avenue of approach through which good food and health habits were stressed. As a result of these meetings, 182 persons had their physical defects corrected; 320 formed the habit of getting more rest, 132 decided not to worry as much, and 194 improved their diet.

New Hampshire Keeping fit (cont'd)

Before lunch each woman was assigned a topic on Preventing Fatigue in the leaflet, "Keeping Fit," which she reviewed and discussed with the group. This proved to be a successful teaching technique which invoked the interest of leaders and groups alike.

LETTERS

Rhode Island Monthly 4-H leaflet

The foods projects were the largest in all counties this year. Foods preparation carrying the largest number of members. Food preservation was of interest to many, also. The foods projects included a few boys this year.

Each month a leaflet was prepared called "4-H Homemaking Leaflet" which offered suggestions for meetings on foods as well as other projects.

Rhode Island Monthly letter to homemakers

The monthly news letter which was started last year has been continued. It has served as an additional means of informing women of food news, new equipment on the market, surplus crops, and nutrition. Recipes were included which were timely and useful.

New Jersey Bi-monthly letter to young homemakers

The home economics specialists prepare a bi-monthly letter sent to the mothers of young children. This is a means of reaching many young mothers who find it impossible to attend meetings. Helpful suggestions on food preparation for young children are the chief topics in the nutrition letters.

New York Letter to parents of 4-H members

A "Letter to Parents," that accompanied each project, was to promote parental cooperation in encouraging the 4-H members in their project activities and to encourage them in the preparation and serving of food in the home.

MOTION PICTURES

West Virginia Freezing

The movie, "Freezing Fruits and Vegetables," prepared by the Department of Agriculture, was used in twenty counties and seen by 2000 farm women.

SLIDES

Pennsylvania Freezing

The colored slides on "Freezing Foods at Home" and "Better Use of Home Freezers" were used extensively, as was the sound film, "Freezing Fruits and Vegetables," produced by the United States Department of Agriculture. A new set of colored slides, "Meat At Its Best," was prepared to illustrate the important rules of modern meat cookery.

EXHIBITS

West Virginia Winter garden show

The winter garden program began in 1945 had continued emphasis in 1947. In ten counties clubs held winter garden shows exhibiting the products available in fresh state from November through March. The majority of these shows were in January and a variety of vegetables were shown. More emphasis needs to be given the program by helping the family to plan those vegetables that are truly suited to a winter garden and which are of high nutritive value.

New York Bread baking demonstration in 4-H booth

In one county a unit baked bread continuously in their booth at the fair, where everyone could see all the steps in the process. They talked about the steps of making bread as they worked, and answered questions from the audience. The bread they made was sold to pay for the ingredients. It was a most popular booth.

New Hampshire Judging as a teaching method.

To do a full days teaching job as well as judging the fair exhibits is the aim of the specialist when she goes to the fairs.

Delaware Freezing

An exhibit on freezing was prepared by the New Castle agent and specialist for the Kent-Sussex Fair in July. Types of containers and homemade devices which are time savers and conveniences in the preparation of foods were shown in the exhibit. Record cards for home freezing and directions for freezing were distributed.

COOPERATION WITH OTHER ORGANIZATIONS

Maryland State nutrition committee

A state extension nutrition committee composed of five county home demonstration agents and the nutrition specialist meet once a year to discuss trends and county and state nutrition problems. This year all county home demonstration agents were called in for a three-day conference. These trends and problems are passed on to the counties to be considered by the agents and the women along with their own special county problems when planning their county programs. Each county has a county nutrition committee of five or more people, one a 4-H leader, and each club has a nutrition chairman. These chairmen and this county nutrition committee in most counties have certain definite tasks, and one of them is to meet with the county home demonstration agent and the specialist to discuss their problems when planning their county programs. Other duties are to gather facts on health and nutrition, keep up with production trends, help with one day food schools, help gather figures for annual reports, prepare and send to State extension chairmen in foods and nutrition a yearly report of work done in the county and help put over any piece of work of special interest in the county in foods and nutrition.

Connecticut Cooperation with other agencies

The Interdepartmental Nutrition Committee consists of representatives from the three State agencies in the field of nutrition. The State Health Department nutritionist, school lunch supervisor, and extension nutritionist have met bi-monthly to discuss their mutual problems. In this way they are able to get a better understanding of each other's program. This committee is very much interested in having a nutrition survey in Connecticut which could be used as a basis for planning a nutrition program.

Maine Packed school lunch project

The packed school lunch project is a state-wide cooperative one in which the Extension Service, State Department of Education, State Department of Health, school superintendents, teachers, selectmen, school boards, community service groups, and Parent-Teacher Associations participated. For the work this fall, agents were trained at July conference by the foods specialist to give a fifteen to twenty minute demonstration which consisted of showing two lunches--one adequate and the other inadequate--and discussing what was in each one. The idea of choosing a good lunch for health was stressed. Leaflets, "The Lunch Box Parade" and "Lunches for Work and Play," were again to be given to every teacher and child in the school. Agents were to give this demonstration in at least ten rural schools. The food specialist worked in the field with each agent who was new to the work.

West Virginia State nutrition committee

Joint meeting of the West Virginia State Nutrition Committee and the Upper Monogahela Dental Society sponsored two lectures by Dr. Phillip Jay, of the University of Michigan Dental School. One session was on the relation of flourine to dental caries and the other on effect of high carbohydrate diets to dental caries. Over 150 dentists, their assistants, and nutrition committee personnel attended the lectures. This phase of nutrition has had a place in the Extension program for several years, as the 4-H Clubs have had dental health for one of their club projects.

Pennsylvania Red Cross

A nutrition specialist assisted the American Red Cross in cooperation with the School of Home Economics in holding a Nutrition Workshop for Red Cross nutrition workers. The nutrition specialist served as a workshop consultant and participated in a panel discussion. Some interesting activities were carried out and a wide variety of teaching methods were used in this two weeks of intensive nutrition work.

FOOD FORUMS

Maine Food Forums

Food forums were held to acquaint people in a county with nutrition and health problems, and to improve the health and raise the nutritional level of Maine people. Delegates were invited from all community organizations such as the Grange, Farm Bureau, garden clubs, women's clubs, Parent-Teacher Associations, business and professional women's clubs, and mothers' clubs.

Maine Food forums (cont'd)

The Dental Hygienist for the State Department of Health and Welfare gave information on dental health and the foods specialist spoke on the signs of positive health. At most of the sessions, school lunches were discussed, and the director of the school lunch program for the State Department of Education or her assistant, spoke at a number of meetings. Other speakers were nurses, teachers, welfare workers. At one meeting a legislator spoke on what his town had done in the way of dental health work. After the speakers had finished, the audience was divided into groups of eight or ten persons to discuss problems in their communities. After a half hour discussion period, they returned and the chairmen of each group reported the findings to the entire group. Delegates were to report the meeting to their various organizations.

Group chairmen were to meet for a supper or dinner meeting after the meeting. They were to work up goals for their particular county.

SHORT COURSE

Connecticut 4-H

The nutritionist taught a four-day course on better meals during a Junior Short Course. A group of fifteen girls took the course. Principles of planning balanced meals were discussed. Food models and illustrative materials were used. On two days the girls participated in a laboratory. One day they prepared individual fresh fruit and vegetable salads for a salad parade and on the last day they prepared and served a buffet lunch. Although there was considerable variation in the backgrounds of the girls, their interest and response were very good.